

SPACE & MISSILE TIMES

Friday, March 30, 2001

Vandenberg AFB, Calif.

Vol. 11, No. 12



AIRMAN 1ST CLASS STEVE SCHESTER



AIRMAN 1ST CLASS STEVE SCHESTER

Flying tiger

Workers prepare the P-40 Tomahawk for its new home in front of 14th Air Force Headquarters Wednesday. A dedication ceremony is scheduled for April 17. The Tomahawk was the 14th Air Force's primary weapon during World War II.

Thrift savings plan opens to military Oct. 9

By STAFF SGT. ANDREW LEONHARD
30th Space Wing Public Affairs

■ Department of Defense officials announced that service members can enroll in the Thrift Savings Plan beginning Oct. 9.

The Thrift Savings Plan is a retirement and investment plan that has been available to civilian government workers since 1987. Congress extended the plan to include active-duty service members.

"The purpose of the Thrift Saving Plan is to provide retirement income in addition to your regular retirement pay," said 1st Lt. Carmelita Chadwick, 30th Comptroller Squadron financial service officer.

The optional plan offers participants the same type of savings and tax benefits that many private corpora-

tions offer their employees under a 401k plan, Chadwick said.

Open season for signing up will run from Oct. 9 to Dec. 8. Deductions will begin in Jan. 2002. In 2002, servicemembers can contribute up to 7 percent of their basic pay. The limit will be 10 percent of the enrollee's base pay by 2005.

Unlike civilians, who can't make lump-sum payments into the program, servicemembers will be able to contribute all or a percentage of any special pay, incentive pay, or bonus pay they receive.

The TSP allows participants to save a portion of their pay in a special retirement account administered by the Federal Retirement Thrift Investment Board, said Chadwick. The money that participants invest in the

TSP comes from pre-tax dollars and reduces their current taxable income; investments and earnings are not taxed until they are withdrawn.

Generally the total amount of contributions can't exceed \$10,500 per year. However contributions from pay earned in a combat zone wouldn't count against the \$10,500 ceiling. Combat zone contributions will be subject to a different limitation, 25 percent of pay or \$35,000, whichever is less, she said.

Like civilian employees in the program, service members will choose how they want their money invested. Right now, there are three funds civilians choose from. The funds run the gamut from conservative to risky.

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Man's best friend goes home

VAFB: Legacy of environmental excellence

Commander praises community partners, looks to challenges ahead

COLONEL STEVE LANNING
30th Space Wing commander

Vandenberg Air Force Base encompasses 42 miles of pristine coastline and undeveloped natural beauty, where red-tailed hawks soar above the Pacific's rocky bluffs. The base, which covers over 99,000 acres in Santa Barbara County, represents one of the best-preserved areas on California's Central Coast. It includes wetlands, undisturbed sand dunes, and miles of rivers and streams.

This unique geography also hosts America's primary site for launching satellites into polar orbit without over-flying populated areas. Additionally, our location allows us to safely demonstrate the reliability of the U.S. Strategic Force by testing the Nation's Intercontinental Ballistic Missiles over the Western Range, which extends from the coast of California to the Indian Ocean.

Meeting Vandenberg's mission objectives while safeguarding its distinctive environment is a challenge that is arguably unmatched in the Department of Defense. Yet, the success of the base's environmental program is unparalleled. Over the past three years, Vandenberg has received over 280 inspections, without a Notice of Violation. The 30th Space Wing's overall Environmental Program has been recognized for "Best in Air Force Space Command" and "Best in the Air Force" in 1998, 1999, and again in 2000.

The key to Vandenberg's success is a proactive approach that goes far beyond merely complying with regulatory requirements by stressing pre-coordination with regulatory agencies. We've built an unprecedented registry of 19 plans that serve as templates for other military installations. Vandenberg also established a base Environmental Protection Committee (EPC), which I chair. The EPC serves as a key forum for monitoring compliance, pollution prevention, conservation, and community issues.

Today, our environmental team members continue their outstanding record for involvement with civic and environmental organizations. Our contributions include: chairing the local chapter of California Native Plant Society, instructing at a local college, serving as coordinator of the Raptor Research Education Foundation, serving on the Board of Directors for the Lompoc Museum, assisting

with the Lompoc Cabrillo High School Aquarium, and the list goes on.

We clearly understand the value of partnering in effectively conducting our aerospace and environmental missions. As an example, the base formed lasting partnerships with the U.S. Fish & Wildlife Service (USF&WS), California Environmental Protection Agency, Regional Water Quality Control Board, National Marine Fisheries Service, Point Reyes Bird Observatory, Santa Barbara Museum of Natural History, and the University of California at Santa Barbara. During the past year, a number of our key partners provided outstanding assistance to Vandenberg in battling the largest natural disaster, the Harris Wildland Fire, in the 50-plus year history of the base.

The successful campaign against the 9,700-acre wildland fire that swept through Vandenberg last September was a direct result of the outstanding support provided by the Central Coast community leadership and the USF&WS. The USF&WS fully supported the base's top priority to extinguish the fire, while carefully monitoring the environmental impact. Moreover, Representative Lois Capps, 4th District Supervisor Joni Gray, Mayor Dick DeWees of Lompoc, Mayor Don Lahr of Santa Maria, the Casmalia Town Council, and Dr. Debra Bradley, Superintendent of the Lompoc Unified School District, were extremely encouraging of our efforts.

In the aftermath of the wildland fire, Vandenberg had to tackle the Barka Slough Peat Bog Fire, which posed a traffic safety emergency to motorists driving on Highway 1. The smoke from the Peat Bog also contributed to respiratory discomfort for those living in the Lompoc and Santa Maria Valleys. The USF&WS partnered very closely with the Army Corps of Engineers and Vandenberg, providing their recommendations under the emergency provisions of the Endangered Species Act. As a result of our close coordination, Vandenberg was determined to be in full compliance. I'm particularly grateful for the support provided by Representative Lois Capps and her Santa Barbara District Office for supporting Vandenberg's assessment that the Peat Bog Fire presented an emergency condition. In fact, in January she wrote to the USF&WS to express her support for Vandenberg's efforts on a range of sensitive environmental issues.

Looking to the future, our environmental program faces numerous challenges that must be ef-

fectively tackled for Vandenberg to remain the world's premier spaceport. The most pressing mission priorities are for the USF&WS and other environmental agencies to continue to partner with Vandenberg while we bring on-line our Nation's future operational space launch and range systems. One top priority system is the Evolved Expendable Launch Vehicle or EELV program. This is a new "family" of rockets that will form the backbone of our Nation's military and commercial space launch capabilities in the years to come. Another important mission priority is the Range Standardization and Automation project, which will enhance the Western Range's capabilities for space launch and test and evaluation operations in the future.

We also remain strongly committed to ensuring an excellent quality of life for our active duty members and Central Coast neighbors who have enjoyed recreational access to our beaches over the years. As Vandenberg's host wing commander and land manager, I'm obligated to champion beach access for our service members and their families at Vandenberg and the citizens of local communities. In addition, I must support the recovery of threatened and endangered species as listed under public law. I know the community officials that I've previously mentioned share the same goals.

The effective and continued support by all our partners will ensure that Vandenberg remains the world's premier spaceport as well as one of our Nation's stewards of environmental excellence. We take great pride in our past mission and environmental successes and are confident that Vandenberg will continue to be an example for the Air Force and the Department of Defense in meeting future environmental challenges.



TECH. SGT. SCOTT WAGERS

The Harris Fire destroys 9,700 acres in September while 2nd Lt. Jimmy Schlabach, 392nd Training Squadron, watches the blaze with wife Monika near their home on the outskirts of Vandenberg's East Housing.



SPACE&MISSILETIMES

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lic Affairs Office. All photos, unless otherwise indicated, are Air Force photos.

Publication deadline is 4:30 p.m. every Friday. The Public Affairs Office reserves the right to edit all submissions for style and space. Send submissions to: 30SW/PA, 747 Nebraska Ave., Room A-105, VAFB, CA 93437; via fax at DSN 276-8303 or commercial (805) 606-8303; or by e-mail to Space&MissileTimes@vandenberg.af.mil. Questions regarding the paper can be directed to the *Space & Missile Times* staff at (805) 606-2040.

Maj. Gen. Claire Chennault's order of the day

Editor's notes: The following letter contributed by Donna Clark, 14th Air Force historian, is dated March 9, 1945 and was written and signed by Maj. Gen. Claire Chennault, 14th Air Force commander from March 10, 1943 to July 31, 1945. The 14th Air Force was established March 5, 1943 and activated March 10, 1945 at Kunming, China.

For the organizational year that ends 10 March, the Fourteenth Air Force has destroyed more than 1,200 enemy planes with more than 500 of them shot down in air combat. These figures do not include more than 190 probables nor the hundreds damaged in air combat. It also doesn't count the probables and damaged, left by our bombers and fighters on burning enemy airdromes.

In destruction of enemy aircraft, as in the destruction of enemy installations and supply lines, our missions have been invariably outnumbered by enemy air strength. But through surprise and combat proficiency we have destroyed more than eight enemy planes in air combat for every plane of ours that they shot down.

Fighters and bombers of the Fourteenth Air Force since March 1944 have sunk nearly 600,000 tons of enemy shipping, with 270,000 additional tons probably sunk and nearly 450,000 tons damaged. This is a total of more than 1,300,000 tons.

At least 18 enemy naval vessels not included in the tonnage totals were destroyed by our fighters and bombers, 14 were probably destroyed and 18 were damaged.

During the year we destroyed more than 2,600 smaller craft on which the enemy depends so greatly



AIR FORCE ART

for supply lines on the coast and in the occupied river valleys of interior China. More than 300 of the craft in this category were probably destroyed and more than 9,000 damaged.

Since June, units of the Fourteenth Air Force have killed more than 30,000 enemy troops and nearly 10,000 troop horses and pack horses. More than 700 enemy locomotives have been destroyed and 450 have been damaged. We have knocked out more than 100 bridges on enemy lines of communication and we have damaged nearly 250.

As modern air forces go, all this has been done by few with little, often under extremely adverse weather conditions and over the world's most unfavorable ter-

rain. It has been made possible by incredibly more pilot and crew sorties per month than might be expected, and by indefatigable effort and devotion to duty on the part of ground personnel supporting the operations.

Not least among the accomplishments of the Fourteenth Air Force in its second year was the protection of more than two million Chinese refugees evacuating areas of central and South China. For the first time since the Japanese attacked China, hundreds of thousands moved under the sheltering wings of the Fourteenth Air Force, ahead of the Japanese armies, free from wanton strafing and bombing, aided by our surgeons and flight nurses.

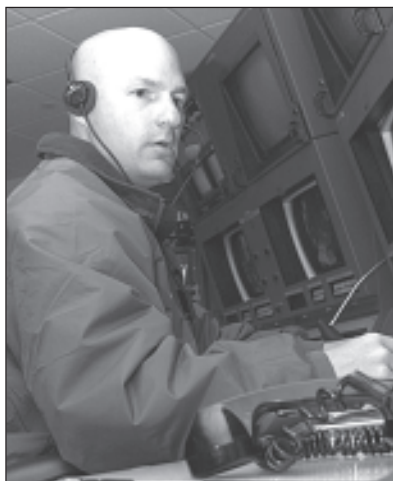
Fourteenth Air Force transport units and attached combat cargo squadrons have dropped thousands of tons of supplies and munitions to Chinese armies operating against the enemy, and have transported across enemy lines supplies essential to the operations of advanced bases. Repeatedly, in co-operation with the China Air Service Command and the engineers, they have completed the evacuation of our bases without material loss to our arms or gain to the enemy. It's notable in this connection that the enemy has thus far been unable to capitalize the bases we have evacuated under pressure of his ground forces.

In sharp contrast, we have made untenable many of the formerly significant Japanese air bases in China, and have widely extended our zones of air supremacy and air superiority against a repeatedly surprised and always reluctant enemy. Many times outnumbered, we have beaten him to the ground. He no longer dares attack in the daylight hours, and his air strength is waning on all our fronts.

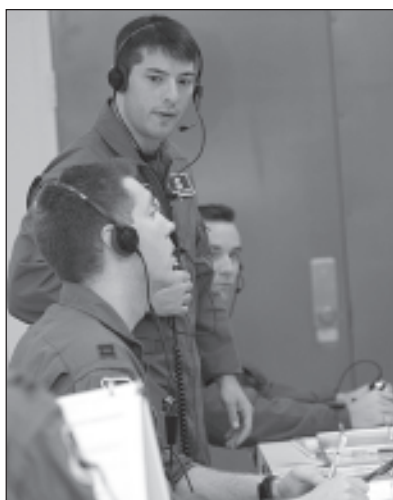
**CLAIRE CHENNAULT, MAJOR GENERAL, USA
COMMANDER 14TH AIR FORCE**



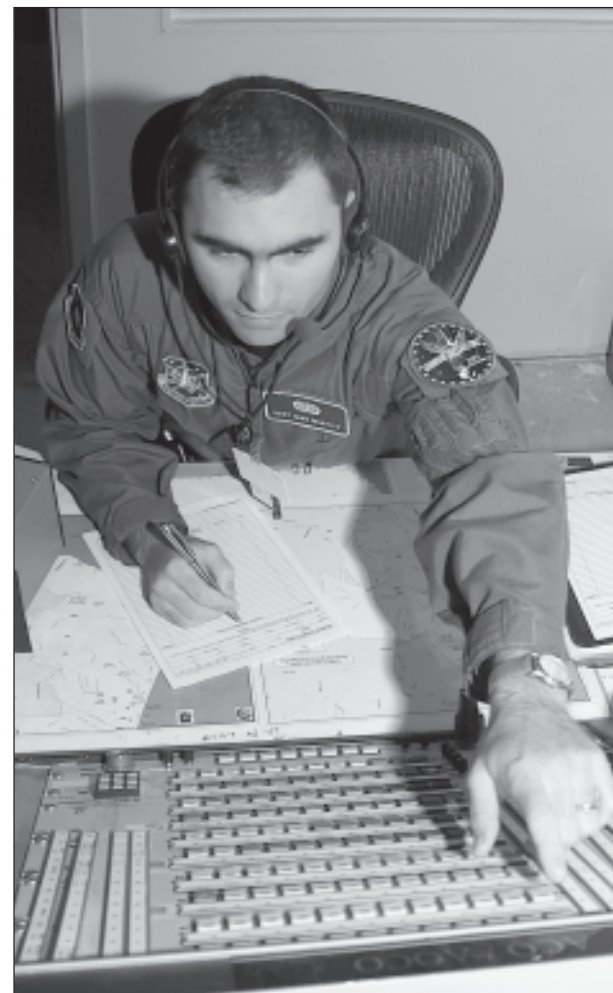
STAFF SGT. JANICE CANNON



AIRMAN 1ST CLASS STEVE SCHESTER



AIRMAN 1ST CLASS STEVE SCHESTER



STAFF SGT. JANICE CANNON

(Left) Capt. Rob Quigg, range operations controller, is put through the paces by Capt. Brian Miller, trainer, during a training ride. (Middle top) Capt. Scott Jones, mission flight control officer, verifies destruct system status. (Middle bottom) 1st Lt. Rich Sjogren (standing), deputy launch controller, discusses the countdown with Capt. Jim Gray, launch controller. (Above right) Staff Sgt. Michael Moffitt, aerospace control officer, checks for range clearance during the "Groundhog Day" ride. The Team Vandenberg spacelift operations team will be evaluated April 20.



'Three ... two ... one ...' Countdown to victory

BY MASTER SGT. TY FOSTER
30th Space Wing Public Affairs

During a typical launch day at Vandenberg, hundreds of players come together from far and wide with one of two com-

mon goals—put a satellite into polar orbit or put a re-entry vehicle on target.

There are a few differences for a Guardian Challenge training launch, also known as a ride.

While the five competitors play their normal roles during each ride, five GC trainers and another five experienced launch controllers and range operators fill in for the remainder of the launch team.

With scripts named "Devastator," "Destroyer," "Executor" and "Never Say Loud and Clear Again," the competitors have a pretty good idea that things will get sporty during the ride.

Capt. John Pratt, 30th Range Squadron flight commander of current operations, sat in as spacelift commander during the "Groundhog Day" ride. "The goal is to show them everything you can," he said. "At the end of the day you sit down and talk about it."

The scenario, straight out of last year's competition script, featured 61 pages of launch contingencies.

Posing as a terrorist, Master Sgt. Stephen Murdock

called the range operations controller, "I am a representative of the Faction Against Space Travel. We have planted bombs all over Vandenberg and will blow them. We will no longer trust a government that destroys our natural resources."

Capt. Rob Quigg, GC 2001 range operations controller, reported the threat.

Acting as the emergency response operator, Pratt said, "9-1-1, state the nature of your emergency ... We'll have response up there in about five mikes."

Meanwhile, the control center erupted into what can only be described as controlled chaos. A communications panel went down; there were incoming missiles from a rogue nation and another fire—in the middle of it, Quigg is calm under fire.

Capt. Brian Miller, GC 2001 trainer, said Quigg's ability to handle multiple contingencies and still move the launch operation forward was one of the reasons he's on the team this year.

"It doesn't matter what comes up, he keeps firing on all eight cylinders," Miller said.

Miller and his fellow Guardian Challenge trainers meticulously write each script to pack as many anomalies and obstacles into the 60 to 90 minute rides.

"We've already written 600 pages of scripts and have another five more rides to write," said Maj. Steve Pomeroy, senior GC 2001 trainer. Before his team is

done they'll have written more than 900 pages of action-packed scripts designed to throw the competitors into white-knuckled launch sequences.

"During a normal launch, issues come up like crazy, but nothing like this," said 1st Lt. Rich Sjogren, GC 2001 deputy launch controller. "GC is ten-fold."

During the ride, GC controllers have different voices rattling off checklist items in each ear. Despite the chaos, they have to be methodical with their responses.

"Here they have to make sure they go slow enough to get everything," Miller said. Missing a procedure can make the difference between victory and defeat.

To bone up on procedures, the competitors study countdown manuals and pad safety plans. "We have to know them well enough so we don't necessarily have to refer to them during the evaluation," said Capt. Jim Gray, GC 2001 launch controller.

"These guys are taking operational spacelift to the extreme. They take it to the next level," said Maj. Dave Salm, 2nd Space Launch Squadron operations officer. Their GC training rides have led to procedural changes in the next Atlas launch.

That's really what GC is all about for Gray. His team is applying the lessons learned during the training rides and turning them into real-world benefits.

"The preparation for this competition is getting everybody ready for the July 31 Atlas launch," he said.

NEWS YOU

CAN USE

**DAYLIGHT SAVINGS TIME BEGINS SUNDAY**

Daylight Savings Time begins Sunday at 2 a.m. People should set their clocks forward one hour Saturday night before going to bed.

VANDENBERG TECHNICAL LIBRARY HOLDS OPEN HOUSE WEDNESDAY

The Vandenberg Technical Library staff has scheduled an open house April 4 from 12:30 to 4 p.m. in Building 7015. The event celebrates National Library Week. The staff will demonstrate the use of the library's computer equipment and other services. Refreshments will be served. Call 606-9745 for details.

BASE EDUCATION OFFICE CHANGES HOURS FOR TRAINING THURSDAY

The base education office will be closed until noon Thursday for staff training, education expo, and mass record reviews. Formal Training, Awards and Decorations, Military Testing and Distance Learning will remain open normal hours. For more information, call the base education office at 605-5904.

AFA BANQUET HONORS ASTRONAUT BUZZ ALDRIN APRIL 6 AT PCC

The Goddard chapter of the Air Force Association has scheduled a banquet April 6 at the Pacific Coast Club. Astronaut Buzz Aldrin will attend. Tickets are \$25 and seating is limited. Call Melanie Habaner at 606-7528 for more information. To learn about or to join AFA, call Capt. Matt Stevens at 606-5003.

COMMISSARY CHANGES OPERATING HOURS FOR HOLIDAY, INVENTORY

The Vandenberg Commissary will be closed April 15 in recognition of Easter. The Mini-Commissary will be open from 9:30 a.m. to 6 p.m. Mini-Commissary will also be open at 9:30 a.m. April 16 due to the annual commissary inventory. Customers won't be allowed into the main store during the inventory. For more information, call Verona Johnes at 734-3354 extension 225.

DEPENDENTS RECEIVE RESIDENT STATUS FOR COLLEGE COURSES

California has passed a law to give resident status to military dependents who attend college beginning with the Spring 2001 semester. Under the new law military dependents will pay \$11 per unit at Allan Hancock College. For more information, call the base education office at 606-5933 or Allan Hancock College's Vandenberg Office at 734-3500.

VANDENBERG CHIEFS' GROUP OFFERS SCHOLASTIC GRANTS

The Vandenberg Chiefs' Group is taking applications for their semiannual scholastic grants. \$300 will be dispersed among eligible active-duty enlisted students to help defray education costs not covered by tuition assistance or the Montgomery GI Bill. Applicants must be in the grades of E-1 through E-6 and making satisfactory progress toward an undergraduate degree. Deadline for applications is April 30. For additional information, call your first sergeant or any Vandenberg chief.

AFSPC CIVILIANS CAN RECEIVE TUITION ASSISTANCE

Civilian tuition assistance is now available to Air Force Space Command civilians. The Air Force will pay 75 percent of the tuition up to \$187.50 per semester hour. The cap is \$3,500 annually per student. All GS-10's and below enrolled in mission related undergraduate courses are eligible for tuition assistance. Funding is limited to three courses per fiscal year. Tuition assistance can't be combined with any other financial support. For questions or to sign up, call the base education office at 605-5904.

GUARDIAN CHALLENGE 2001 STAFF NEEDS OFFICERS FOR DV ESCORT

The Guardian Programs Office is looking for officers to serve as escorts for distinguished visitors during Guardian Challenge 2001. All volunteers should be in the ranks of second lieutenant through major and be available for duty May 6 through 11. Strong military bearing and communication skills are necessary. Call Capt. Mike Hillman at 606-6035 to volunteer.

GARAGE SALE SIGN POSTING NOT ALLOWED ON STREET POLES

Housing and mobile home park residents are allowed one garage sale sign on their property where the sale is being conducted. Signs can't be posted on power, phone or street light poles. They can't be posted on street signs, trees or near any public right-of-ways. This is a 30th Space Wing Pamphlet 32-1 housing regulation. For more information, call military family housing at 606-3434.

BASE HOSTS GUARDIAN CHALLENGE ACTIVITIES IN APRIL

The Vandenberg Competition Association encourages Team Vandenberg members to support this year's Guardian Challenge team. Upcoming fundraisers and events scheduled are a model launch vehicle competition Thursday, the annual GC golf tournament April 6, and the 30th Space Wing bonfire and pie-in-the-face May 4. A team breakfast is also scheduled for April 19 at Chapel 1. For information, call a VCA representative at the following numbers 606-7076, 606-7646 or 605-3290.



America's Air Force -- No One Comes Close www.af.mil



Man's best friend finds new home

By STAFF SGT. ANDREW LEONHARD
30th Space Wing Public Affairs

■ Vandenberg's best explosives and drug detectors can enjoy their senior years as man's best friend.

Recently, a bill signed by Congress allows Department of Defense military working dogs to be adopted when they are retired.

The new law helps find homes for the dog by specifically allowing adoptions by law enforcement agencies, former handlers of the dogs or other people capable of caring humanely for the dogs.

According to Bob Dameworth, DoD's counterdrug/K-9 program manager, until the passage of the adoption law, working dogs that couldn't do their jobs in the field due to age or other factors were returned to Lackland AFB, Texas. There they were evaluated for possible use as training dogs for new handlers.

In years past former handlers, and others, sometimes asked to adopt older animals, but DoD policy only allowed law enforcement agencies to adopt the animals.

Now dogs that are deemed adoptable, based on medical condition and temperament, will be offered up for adoption near the installation they were stationed.

"The adoption process will be on a case-by-case basis," said Staff Sgt. Andrew Tiedge, 30th Security Forces Squadron military working dogs kennel master. The decision whether a particular working dog is suitable for adoption is made by the com-

mander of the unit with the recommendations of the unit's veterinarian and kennel master, Tiedge said.

"The dog must be able to make a good house pet. Not all of the working dogs will meet the criteria," he said.

As an example, the kennel master described Astor, a patrol and drug detection dog, which may be the first dog to become eligible at Vandenberg. Even though Astor is a great working dog, Tiedge doesn't think he'll make a good house pet with his temperament. However King another MWD, whose specialty is explosive detection, could be a good candidate for taking naps on the couch with his owner.

Vandenberg's K-9 unit has 10 working dogs that are dual tasked. All dogs are trained for patrol duty. Seven of the dog are explosive detection trained and three are drug detection trained.

"We actually have an older kennel, with an 11-year old, one nine and a couple of eight-year-old dogs," said Tiedge. "In a couple of years we will go through a turnover here."

While extremely impaired dogs would not be candidates for adoption, potential applicants should understand that dogs up for adoption would likely suffer from some age-related medical problems, according to Army Col. Larry Carpenter, medical director of DoD Military Working Dog Veterinary Services.

"These dogs are athletes and have led very active lives," he said. "So it's to be



(Above) Staff Sgt. Jared Antoni, 30th Security Forces Squadron military working dog handler, puts Rambo through an exercise routine on the working dog obstacle course. (Right) Staff Sgt. Jean Mamea, 30th SFS working dog handler, works with Donka on the wrap.



expected that, like many human athletes, these animals will start to exhibit some physical problems as they reach old age."

Even if the working dog has the aches and pains of old age they will at least now be able to greet their master at the door every day with a wag of their tail.

(Gary Emery, Air Force Security Forces Center Public Affairs Office, Lackland Air Force Base, Texas, contributed to this story)

Contributions tax free for servicemembers

THRIFT from Page 1

The G Fund invests in special government bonds. The C Fund closely tied to the stock market, offers greater potential gains with increased risks. There is also an F Funds that invests in commercial bonds.

TSP will unveil two funds in May. S Fund investments go to a stock index fund that paces small businesses. I Fund investors will track international companies the same way.

Servicemembers will be able to start, change or reallocate their TSP contributions during two open seasons held each year, in November to January and May to July.

The military will have teams visiting bases to explain the program. Additional information can be found on the ISP website at www.tsp.gov/uniserv/index.html (Air Force News Service contributed to this story)

Pork Chop Hill revisited

'The other white meat' plays role of remains

By STAFF SGT. MELISSA PHILLIPS
90th Space Wing Public Affairs

A 17-man search and recovery team was sent to search for the "remains" of three dead from a downed UH-1N Huey helicopter during a Major Accident Response Exercise held here in early March.

What they found were pork chops.

The team was treated to a healthy dose of realism for the exercise. Instead of just simulating the team cleaning up the event, they actually had to gingerly step their way about 150 yards around the downed helicopter meticulously searching for pieces of meat representing human remains." It varies on the crash because on some crashes you will find pieces (human remains) smaller than a pork chop," said Senior

Airman Reynold Parris, 90th Services Squadron, search and recovery team member, . "So it was realistic for training purposes."

All totaled, the exercise involved more than 100 base members from more than 25 base agencies, according to Mike Watts, disaster control group evaluator, 90th Civil Engineers Squadron. "I thought everybody did well. There are little things in the process that we can tweak and do a little better, but overall we did fine."

Col. Donald Kidd, 90th Support Group commander and Monday's MARE on-scene commander, said, "The most recent MARE was a great opportunity to exercise the DCG in an off-base situation. It demonstrated the base's capability to perform search and recovery, and helps Warren members understand the complexity of even a small scale operation in a bare-base environment." (Air Force Space Command News Service)

Team Vandenberg announces April promotees

■ The Following Team Vandenberg members will be promoted during April.

Airman:
532nd Training Squadron
Josue Buenrostro
Brian Copeland
Joshua Dolley
Michael Green Jr
Brandon Harrison
Kyong Min
Norman Stewart Jr
Carlos Tovar
Timothy Whited
Brian Zender
345th Training Squadron, Detachment 1

Lance Hofmann
Adam Huntley
Joshua Johnson
Alexander Martinez-Garcia
Megan Moon
Daniel Schroer Jr.
Kevin Stoddart
30th Mission Support Squadron
Myesha Kennedy
392nd Training Squadron
Geisha Santiago-Garcia
Airman 1st class:
30th Security Forces Squadron
Arthur Dito
Ernest Durante Jr.

Kiet Phou
Ryan Stamps
30th Civil Engineer Squadron
Tomasz Haba
30th Communications Squadron
Matthew King
Senior airman:
30th SFS
John Abbott
Roberto Cervantes
Randall Chaffin
Brandy Coelho
Christopher Colson
John Cruz-Cortes
Janeen R Csurilla

Erica Lewis
Brad Lindsey
Estevan Macias
Caleb Real
Alicia Temple
Jerilyn Watson
576th Flight Test Squadron
Brandon Claude
Ruiz Edith A. Vazquez
30th Transportation Squadron
Prim Deblois
Brandy Packard
30th Medical Support Squadron
Joshua Farmer
30th CS
Anthony Fields
Wayne Petersen
30th CES
Eric Trinidad
Chad Walter
Leslie Lane
Kanakaokekai Namauu
30th Aerospace Medicine Squadron
Marlon Robles
John Tolentino
534th TRS
Monica Shelton
614th Space Operations Squadron
Desmond Savage
Staff sergeant:
30th SFS
Gilbert Gonzalez
John Hubbell
Jerrold Klein
Jacky Barfield
533rd Training Squadron
Jennifer Burger
Joshua Burger
30th CES
Allen Claussen
576th FLTS
Jeffrey Martineau
614th SOPS
Benjamin Mastovich
30th Range Squadron
Gerald Mishloney
Technical sergeant:
345th TRS, Det. 1
Brian Burgess
Timothy Hughes
Troy Saunders
614th Operations Support Flight

Robbie Ellis
William Figgins
614th SOPS
Philip Subkow
14th Air Force
Max Harris
576th FLTS
Michael Savard
Kevin Schroeder
Master Sergeant:
614th SOP
Kip Baker
614th Ops Flight
Shawn Dahl
30th Supply Flight
Howard Lacambra
30th Weather Squadron
Stephen Lebrun
AFELM Launch Communication Office
Steven Palmer
Senior master sergeant:
14th AF
William Averhart
Chief master sergeant:
576th FLTS
Jeffrey Shipman
Captain:
30th CS
Michael Richards
30th Space Wing
John Wigglesworth
Major:
14th AF
Edgar Fleri Jr.
614th SOPS
Steven Garcia
576th FLTS
Jeffrey Keckley
30th Medical Operations Squadron
Ann Lopes
30th RANS
John Pratt
30th SW
Reginald Williams
GS-2 Sarah Kaehn, 30th MSS
GS-5 Sherry Huffer, 30th MSS
GS-6 Wendy Jo De Silva, 30th Logistics Group
GS-7 Martha Crouthers, 30th Comptroller Squadron
WG-9 Alex Labonte, 30th CES
GS-9 Christopher Wiant, 30th CS
GS-11 John Reish, 532nd TRS

Civilian job opportunities are just click away on internet

■ RANDOLPH AIR FORCE BASE, Texas—With the click of a mouse and the touch of a button, the Air Force Personnel Center is making it easier for Civil Service job applicants to apply for vacancies.

Job seekers interested in vacancy announcements advertised by AFPC no longer submit a resume or application for each job they are interested in. Applicants submit one resume in accordance with the AFPC Job Kit, and then apply or self-nominate for specific vacancies using that same resume, according to AFPC officials here.

"The systems are very user-friendly," said Lee McGehee, chief, Delegated Examining Unit/Recruitment Branch at AFPC. "It's basically a three-step process: submit a resume, locate a vacancy of interest and click on the self-nomination button. That's all there is to it."

Once a resume is on file, applicants may self-nominate by logging on to the Civilian Employment website at <http://www.afpc.randolph.af.mil/afjobs> or by calling the Interactive Voice Response System.

Interested applicants who want to self-nominate by phone can obtain the IVRS number for their area from the above site or by contacting their local Civilian Personnel Flight. Once connected, applicants should follow the prompts to locate a job in which they're interested, and then self-

nominate with the touch of a button.

"Currently, the majority of career civilian positions are not advertised. Career civilians are automatically considered for vacancies using geographic location codes previously submitted to their local civilian personnel office or through the Promotion and Placement Referral System," said McGehee. "That will change sometime this fall when Air Force vacancies will be advertised, and anyone interested in applying for a position will need to self-nominate in order to be considered. Today, vacancies at Charleston, McChord, Holloman, F.E. Warren and Dobbins Air Force Bases are advertised; and interested applicants or career civilians must self-nominate to receive consideration."

After self-nominating, applicants can check the status of vacancies by accessing the employment website or by calling the IVRS number and entering their PIN or UserID and password they created during self-nomination.

Another tool to assist interested applicants is an e-mail subscriber service known as the Civilian Announcement Notification System.

CANS can be accessed through the employment website and provides job information to all applicants interested in vacancy announcements advertised by AFPC. (AFPC News Service)



Air Force offers bonuses for prior-service returnees

■ RANDOLPH AIR FORCE BASE, Texas—The Air Force will offer enlistment bonuses to prior-service people who qualify to re-enter the service beginning April 1.

The bonus will continue until Sept. 30, and is a part of the Air Force's effort to reach its goal of 34,600 new recruits. The money is targeted at high tech, hard to fill positions.

The service will pay up to \$14,000 to pararescuemen, combat controllers, air traffic controllers and crypto linguists.

Aircraft maintenance experience can be worth up to \$9,000.

For people from the sister military services, their jobs must convert to the Air Force Specialty Code. Upon enlisting, the new recruits will go direct-duty to their assignments.

Traditionally, the Air Force has the hardest time attracting recruits during February through May.

The Air Force met its goal in February, and numbers indicate the Air Force will meet its goal again in March, but recruiting service officials decided to tap in to the prior-service pool with bonuses.

Until 1999, the Air Force Prior-Service Program was limited to less than 200 individuals per year. That limit was raised significantly in 1999, when the Air Force al-

lowed more than 600 veterans to return.

"Even though there is no official prior-service recruiting goal, the Air Force Recruiting Service is hoping to welcome a higher number of prior-service individuals back in uniform than the 842 veterans who returned in fiscal year 2000," said Tech. Sgt. Jerome Fletcher, Air Force Recruiting Service acting chief of prior-service programs.

"Opening the door to people other than new recruits takes us that much closer to our overall experience needs that much faster."

The Air Force prior-service program is wide open, said Chief Master Sgt. Dan Roby, chief of enlisted accessions policy at the Pentagon. "We have prior military service members interested in getting back in so we need to continue to aggressively pursue these individuals.

People in the Guard and Reserve are also an important manning resource to tap," Roby said. "Recruiters get the same credit for recruiting qualified veterans as they do for new recruits, so they are highly motivated to pursue this avenue."

People who left the Air Force and now want to come back must go into their old Air Force specialty if it is less than 100 percent manned, Roby said.

If it is more than 100 percent manned, they may need

to retrain into another career field.

"If individuals from a sister service had military careers that closely match an Air Force career, they can come back in a short period of time—a few weeks," added Roby. "If their prior-service careers don't match, it may take several months to qualify."

Individuals wishing to re-enter the active force must have been reenlistment eligible at their time of separation, have served no more than 12 years of active service and be separated no more than six years.

They must also have been in grades E-4 through E-6 at separation.

The bonus is paid upon award of the 5-skill level, and people have one year to upgrade to that level. For any Air Force member enlisting more than two years after separation, they report to their new job as a 3-level.

These same AFSCs are offering bonuses to non prior-service people, which can reach up to \$12,000.

During February to May, the Air Force offers "kicker" bonuses, an additional \$1,000 to \$5,000, to bolster numbers.

People interested in finding out more about Air Force opportunities and enlistment bonuses should contact their local Air Force recruiter or go online at www.airforce.com (Courtesy Air Force News Service)



STAFF SGT. JANICE CANNON

Rescue 9-1-1

Team Vandenberg firefighter Caesar Martinez, from Station No. 2, picks up a 180-pound dummy in a rescue-drug extraction during the March 23 Firefighter Challenge. The event is an intra-departmental competition that includes carrying rolled hoses, negotiating a series of cones and completing a 50-foot hose drag while wearing full rescue gear.

COMMUNITY

CALENDAR

30

FRI

**Air Show
2001 at Point
Mugu Naval
Base
Ventura**

County is scheduled for today, Saturday and Sunday. Gates open at noon today. Flight demonstrations featuring the Air Force Thunderbirds are scheduled to begin at 3 p.m. Gates open at 8 a.m. Saturday and Sunday, with flight demonstrations beginning at 10 a.m. Admission to the base and parking is free.

Open-air seating is available free of charge. Reserved seating may be purchased for all three shows. For ticket information, call the air show network at (800) 654-1055 or visit the web page

www.airshownet.com.

For event information, call (805) 989-8786 or visit the website at www.nbvc.navy.mil.

Visitors should be aware that road construction is underway on Pacific Coast Highway and may cause delays. Call Vance Vasquez at Naval Base Ventura County Public Affairs Office at (805) 989-8095 for more information.

Vandenberg Middle School needs volunteers to tutor sixth- to eighth-grade students in math, English and science. It's a good idea to bring a calculator.

The 40-minute sessions are held 3:20 to 4 p.m. Tuesday, Wednesday and Thursday in the VMS library.

Call VMS activities director Lydia Morrow at 734-2324 before 10:15 a.m. or at 734-4391 extension 245 between 11

a.m. and 4 p.m.

A Stress Management Workshop is

scheduled for Monday from 8 a.m. to 4 p.m. in the family support center and continues Tuesday from 8 a.m. to noon at the health and wellness center.

Participants can learn about stress and its impact on their



AIRMAN 1ST CLASS STEVE SCHESTER

Cheerio

Linda Rice guides her horse, Fiesta Jo, over the rail in the hunter hack event of the English portion of the Hoyt S. Vandenberg saddle club horse show Sunday.

lives; techniques for modifying negative self-talk; creating positive energy; well-being and relaxation training. For information, call Linda Bastine at 606-9958 or Greg Barisich at 606-5338.

4 WED Kindergarten registration for Crestview Elementary School for the 2001-2002 school year is scheduled for Wednesday. Students with last names beginning with A through M can register from 8:15 to 11 a.m.

Students with last names beginning with N through Z can register from 1 to 2:15 p.m.

Parents need to bring their child's official immunization records when they register their child.

Children will not be admitted to school without the record. Call 736-2371 at extension 301 for more information.

A Resume Writing Workshop at the family support center is scheduled for Wednesday at 9 a.m. Partici-

pants can learn how to write a winning resume or update an old one.

People can learn current formats, styles effective words and power statements. To register early, call Tinisha Agramonte at 605-8557.

9 MON Kindergarten registration for Los Padres

Elementary School for the 2001-2002 school year is scheduled for April 9.

Students with last names beginning with A through M can register from 8:30 to 10 a.m. Students with last names beginning with N through Z can register from 10 to 11:30 a.m.

Parents need to bring their child's official immunization records when they register their child. Children will not be admitted to school without the records. Parents can call 736-2371 at extension 301 for more information.

A Divorce Recovery Group will start April 9 at 4 p.m. in the family support center. Call Linda Bastine at

606-9958 or Chaplain (Maj.) Toguchi at 606-5773 for information.

11 WED The Officer's Spouses Club bingo function is April 11 at 6:30 p.m. in the Pacific Coast Club. Dinner starts at 7 p.m. The cost is \$15 per person and people need to make their reservations by Thursday. Members whose last names begin with A through K can call Stacy Henson at 734-7344. Members whose last names begin with L through Z can call Beki Melone at 734-2668.

The event is open to all OSC members, eligible members and their guests. Only dues paying members can win prizes.

13 FRI A Mutual Funds Basics class is scheduled for April 13 at 11 a.m. in the family support center.

People can learn the basics of mutual fund investing. To register, call Jimmy Camacho at 606-4491.

AT THE MOVIES

TODAY

Saving Silverman
Starring Jason Biggs and Steve Zahn.

Rated PG-13 for crude and sexual humor, strong language and thematic material.

SATURDAY

Sweet November
Starring Keanu Reeves and Charlize Theron.

Rated PG-13 for strong language and sexual content.

SUNDAY

Monkeybone
Starring Brendan Fraser and Bridget Fonda.

Rated PG-13 for some strong language and mature content.

Unless otherwise noted, all movies start at 7:30 p.m.

COMMANDER'S ACCESS CHANNEL SCHEDULE

Now showing every even hour on the Vandenberg commander's access channel;



- ♦ Eye on the Air Force--Ecstasy in the Air Force.
- ♦ Ecstasy user discusses his problem from his jail cell.
- ♦ Sniffer dogs drafted in Ecstasy war.
- ♦ Chief Master of the Air Force discusses retention needs.
- ♦ Cause sought in crash that killed 21 national Guardsmen.
- ♦ Air Force presence in Persian Gulf 10 years after Desert Storm.
- ♦ Military version of stun gun developed by Air Force researchers.
- ♦ Air Force retirees to get additional medical benefits.
- ♦ Air Force heads move to casualty consolidation.
- ♦ Air Force back seater also slope schusser.
- ♦ Young violinist pursues love of music despite physical handicap.



AIRMAN 1ST CLASS STEVE SCHESTER

Going for the goal

Cornelius Puiulet of the 30th Medical Group leads the pack at Saturday's biathlon. More than 30 Team Vandenberg members participated in the 5 kilometer run and 15 kilometer bicycle race. Puiulet won the event with a finishing time of 36 minutes, 37 seconds.

Intramural basketball standings

National League			
Team	Win	Loss	Pct.
30 th SFS No. 1	12	0	1.000
576 th No. 1	12	1	0.923
30 th MSS	8	5	0.615
30 th CES No. 1	8	4	0.667
392 nd No. 1	7	6	0.538
30 th SFS No. 3	6	5	0.545
381 st TRG	5	7	0.417
533 rd TRS	3	8	0.273
30 th OG No. 1	3	8	0.273
30 th CS.	0	13	0.000

American League			
Team	Win	Loss	Pct.
614 th SOPS	11	1	0.917
30 th TRANS	9	2	0.818
30 th CES No. 2	8	4	0.667
30 th SFS No. 4	7	4	0.636
30 th MDG	7	7	0.500
576 th No. 2	6	5	0.545
Det. 9	6	5	0.545
392 nd No. 2	5	9	0.357
534 th TRS	4	5	0.444
30 th SFS No. 2	1	11	0.083
30 th OG	0	10	0.000

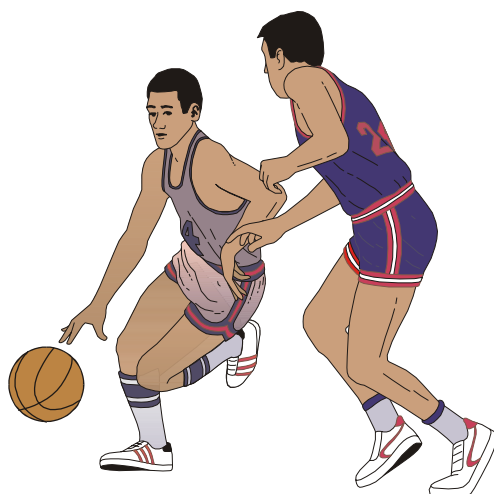
S 30th Services



NEWS



**Today
6 p.m.
at the
Fitness
Center**



For more information, call Senior Airman Tynysha MacDonald at 606-3832

REMINDERS...

Friday at the Pacific Coast Club

**MEMBERS
ONLY!**

*Social Hour
with
complimentary
snacks*

Tuesday at the Pacific Coast Club

**2 for 1
Prime
Rib**

Two Prime Rib Dinners for the price of one! \$16.95 Served from 6 to 8 p.m.

GOLF

TITLEIST DEMO DAY -

Saturday from 10 a.m. to 3 p.m. Test drive Titleist clubs at the driving range for free.

GUARDIAN CHALLENGE

TOURNAMENT- April 16 Shotgun start at noon.

SPRING OPEN TOURNAMENT -

April 7-8, Signup deadline is Thursday at 3 p.m. The cost is \$20 per person.

JUNIOR GOLF LESSONS -

April 7 at 1:30 p.m. Bob Kotowski will give junior golf lessons at the golf course. The cost is \$5 per child.

BOWLING

SUNDAY through April 30 - "Month of the Military Child." Many bowling specials give youth at Vandenberg a price break for the entire month.

OUTDOOR REC

Horseback T·R·A·I·L R·I·D·E *at the* Circle Bar-B-Ranch

April 7 at 2 p.m.
\$35 per person.
Signup deadline is Friday. Beginners to experienced riders. Age is limit 13 years. For more information, call 606-5908.



DEEP SEA FISHING - April 28 with Patriot Sport Fishing in Avila Beach. Salmon only. \$50 per person, \$7.30 for fishing license, \$20 rod and tackle, at the site. Call 606-5908 to register and for more information.



What's happening at the LIBRARY?

NATIONAL LIBRARY WEEK -
Friday through April 7

THE INTERNET IS COMING -
April 6

Sign up for your internet card.

ALL LIBRARY USERS:

The library is changing to Library Cards. Sign up the whole family! Ages seven and up.

ROD & GUN

ARCHERY SAFETY TRAINING CLASS -

April 7 and 8. A two-day event for \$15. 25 seats are available. Minimum age is 10 years. Call 606-4560 for times.

2001 HUNTER'S SAFETY

California law requires all first-time California hunting license applicants attend a state certified hunter safety course. Course instructor is Sam Cintron, a state certified instructor. The course fee is \$10.

People can pre-register at the Rod and Gun Club. For more information, call 606-4560.

2001 CLASS SCHEDULE

Thursday and April 6	July 19 and 20
May 24 and 25	Aug 16 and 17
June 7 and 8	Sept. 13 and 14

YOUTH CENTER

KIDS... looking for something fun to do over spring break? T.R.A.I.L. is coming to the Youth Center, April 16 through 20.

EASTER EGG HUNT - April 14, 10 a.m.

30th Services

NEWS



Vandenberg Information, Tickets & Tours

YOUTH SPORTS



PRICE

IS

RIGHT

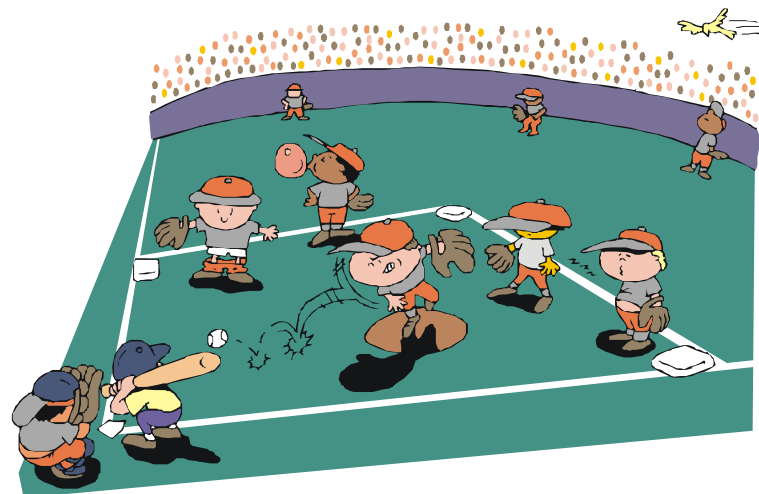
with
Bob
BarkerTV TAPING
TRIP
April 12
\$40Transportation &
Seating Guaranteed

Must be 18 years old.

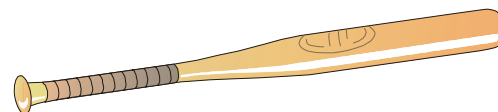
Must have two forms of identification, such as driver's license and social security card or legal document with social security number on it.

For information, call 606-7976.

Vandenberg Air Force Base Youth Baseball

BASEBALL
OPENING DAY

Saturday

Ceremony starts at 9 a.m.
Youth Baseball Major League Field, VAFB*Teams are asked to arrive at
8:30 a.m. Games will follow.*

Parents Advisory Board Meeting...

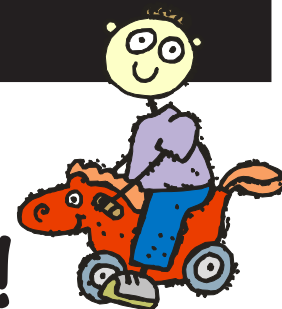
at the YOUTH CENTER,
first Wednesday of every month, 5:30 p.m.

* Light dinner served *

Great for parents, military members and other
interested parties! Allows parents to voice and
find solutions to their questions and concerns.Makes the youth center a better place
and *empowers* the parents!

New Preschool...

at the VANDENBERG AFB YOUTH CENTER

Preschool
has Arrived!Preschool Classes
begin April 24.

Low carbohydrate or low fat, which is it?

BY BEVERLY CALDERON

Health and Wellness Center registered dietician

■ March is National Nutrition Month. The theme "Food & Fitness: Build a Healthy Lifestyle" incorporates the new dietary guidelines.

These guidelines encourage Americans to start with the ABCs: Aim for fitness, Build a healthy base, Choose sensibly. Following these ABCs can help you reach your goals for good health and fitness, reduce stress and improve your mood. They apply to healthy children, ages 2 and older, and adults of any age.

Over the past decade the media has jumped on the fat-free and low-fat bandwagon. Finding a wide variety of reduced-fat and fat-free foods is now easily accomplished in today's markets. After ten years of the low-fat focus many Americans are still struggling with weight management. The tables have now turned, and many Americans have now turned to eliminating carbohydrates as a means of losing unwanted pounds. News headlines, books and even department store advertisements are no longer bashing fat—now "carb's" are being blamed for excess weight. So simple, just cut out one food group and your ex-

cess fat melts away, can it be that easy? Reducing the amount of fat and types of fat that you eat is shown to reduce the risk of many chronic diseases, in addition reaching and maintaining a healthy weight is important. Weight management is based on consistently meeting, not exceeding your body's energy needs.

For good health limiting daily fat intake is recommended and can help with weight loss, as well as reduce excess daily calories.

Likewise cutting back on carbohydrates may help reduce weight, if it results in reducing excess daily calories. Regrettably, the low-fat, low-carbohydrate messages have been oversimplified. Lower-fat foods and the lower-carbohydrate foods are not always lower in calories.

All the focus on finding the one food group at fault for our nation's weight woes has resulted in a disregard for the importance of balanced calorie intake and physical activity.

Other important things to consider when targeting weight loss are: set realistic goals, don't skip breakfast or any other meal, stick to a balanced meal plan, follow an exercise program and take in plenty of water.

Let's set the record straight during National Nutrition Month and head in the right direction.

Calories still count: The Nutrition Facts panel on food labels lists the number of calories per serving, check serving sizes. Choosing a low-fat item and

less sugar can help you cut back on those excess calories. Taking in less than 1,200 calories per day has been shown to prevent people from receiving the nutrients they need, don't go too low on calories. A food diary/record can help you identify how many calories you are consuming each day and at each meal. Cutting out 250-500 excess calories per day can help shed half a pound to a pound per week.

Add in regular exercise and you may see even greater results.

Taste does matter: The fat-free and low-carbohydrate craze can be disappointing in flavor. The right balance of flavors, including fats and carbohydrates, adds to the taste of foods. Fat-free and low fat can be enjoyable, but it is clear if the food doesn't taste good

people don't continue with healthier eating habits for long. Incorporating flavorful, low-fat eating into your life can help you meet long-term goals.

More variety, less fat, fewer calories: Using the Food Guide Pyramid as a guide to serving sizes and servings per day from each food group, based on your calorie need, can help bring balance and variety to your meals. It will help you to meet the dietary guidelines for Americans and learn the significance of portion sizes.

The American Dietetic Association wants you to "remember, no single ingredient or food item can ensure good health or reduce body weight. Over a lifetime, healthy eating habits along with regular physical activity and family health history are equally important factors in achieving these goals."

For more information on nutrition, you can visit Vandenberg's health and wellness center. Additional information about nutrition is available at www.eatright.org or www.dietitian.org



AIRMAN 1ST CLASS STEVE SCHESTER

Senior Airman Cassie Whitcomb, 30th Transportation Squadron, makes a healthy food choice at the mini-commissary.